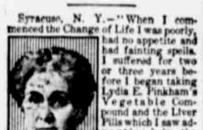
FAINTING AND DIZZY SPELLS

The Cause of such Symptoms and Remedy Told in This Letter.



or three years before I began taking Lydia E. Pinkham's Vegetable Compound and the Liver Pills which I saw advertised in the papers and in your little books. I took about twelve bettles of your Vegetable Compound and found it a wonderful

remedy I commenced to pick up at ence and my suffering was relieved. I have told others about your medicine and know of some who have taken it. I am glad to help others all I can."— Mrs. R. E. DEMING, 437 W. Lafayette Ave., Syracuse, N. Y.

While Change of Life is a most critical period of a woman's existence, the annoying symptoms which accompany it may be controlled, and normal heal restored by the timely use of Lydia E. Pinkham's Vegetable Compound.

Moreover this reliable remedy contains no narcotics or harmful drugs and owes its efficiency to the medicinal extractives of the native roots and berbs which it contains,

The Lunguage. "I tell you, young Smith is a com-

"Yes, I futice he is going some."

Cuticura Soothes Baby Rashes.

That itch and born with hot baths of Cuticurs Soap followed by gentle anointings of Cuticura Contment. Nothing better, purer, sweeter, especially if a little of the fragrant Cuticurs Talcum is dusted on at the finish. 25c each everywhere.-Adv.

The Milk Buttle Only.

Skagtt County Times: "The first duty of the American people is to prepare the routh of the land for the berrie of tire."- Buston Transcript.

He is a wise weather prophet who knows when to bottom an unibretta.

BRACE UP!

chacking furnies, makes the simplest task's furnien. Headschiek duzy spells urnary descripts and an "all suce out" being are daily sources of dotters. About neglect a deep relations and reasons stravel droups or Bright's disease. Got a boat of Dounce Kidney Pills. They have helped other people the work unit dek your neighbor!

An Illinois Case



DOAN'S HIDNEY

POSTER - MILBURN CO., BUFFALO, N. Y.

Constipation and Sluggish Liver

Don't take chances. Get Cartor's Little Liver Fills right now. They never fail to make the liver do its duty. They relieve constiparelieve constipa-tion, banish in- CARTER'S digestion, driveout biliousness, stop dizziness, clear the complexion, put a healthy glow on the cheek and sparkle in the eye. Be sure

and get the genuine.

Small Pill-Small Dose-Small Price DR. CARTER'S IRON PILLS, Nature's great nerve and blood tonic for Anemia, Rheumatism, Nervousness, Sieeplessness and Female Weakness.

Beauties must bear signature Beautierd

SQUEEZED TO DEATH

When the body begins to stiffen and movement becomes painful it is usually an indication that the kidneys are out of order. Keep these organs healthy by taking

GOLD MEDAL

The world's standard remedy for kidney. Pamous since 1006. Take regularly and beep in good health. In three sizes, all druggists. Guaranteed as represented.

CITY MARKETS HELP LOWER FOOD COSTS



Above: Atlanta's Modern Wholesale Food Terminal Cars Are Uniquited Directly into Warehouses. Below: Costly Congestion in Chicago's Produce Center.

High food prices likely would be ceive a secrete just if every city wirta population of 100,000 or more would establish a city food terminal for its immetat wholesale trade, the bureau of murkets of the United States department of agriculture fedieves.

All large European cities have such markets and they have proved very helpful in keeping down the rost of food distribution. The viries of this wral scattered terminals at altich food products are automied from train, bout. at the inferiorate Logar-

the consumer economity pays for his nates this unnecessary handling and freel. Where the wholesale district twringer for under such an arrangecarmt the wholesnie district and the terminal are brought together, and products from the freight home to the the contents of curs or fours are unleaded directly into the wholesale Bourse

In result years both New York and Chicago have worked on the prooton of establishing a central ferminal morket but the size of those cities makes it a difficult problem and except no with unitied permitted markets and up another worth Sentile has a wholesale numbered Farmers who ship Chicago and New York, which are quicker under a terminal system than working up this problem are Indian- they can where the wholesale districtapolis, Memphis, Tenni, and Wash- its scattered. tagtion, D. C.

mient to all transportation lines. It proved their worthis not necessary of even desirable to. The bureau of markets in the Unit-have them in the heart of the city, ed. States department of agriculture

(Prepared by the United States Depart count truck or wagon from the other ment of Agriculture) wide of the bounce. There is no interwide of the house. There is no intermediate handling or curtage. Coldstorage plants and auction rooms are also a part of a good terminal food

This waters of fived discribution expedites the uninading of cars. Inder present terminal conditions unloading year miny size of portstable products specialisation from the advisorable country have been slow in adopting or even ger hands the milroid surds. any kind of a unified terminal system. A well-planned city terminal food. Most of them are getting along as best number has adequate trackage switchthey can with no plan. All fur those, ox and platforns, which racionare the of the smallest size usually have ser- unfording of the care and present congest on brank and outside the marks. Quick receive of core is finor frack. Proquently the wholesale portant if crops are to be found befrom the freight depote. This neves remiter firsts has buying simparfied effactor totaling the products into a lother all the fixed products are retofrom or wagon, curting them arrows, rentrated in one clack, and the work the city, and unloading them again of the find, inspector, too, becomes

ever, some in because oursign and and the reases pold the men who load und infead them and drive.

To carriage cost privat also be added practical solution has been found. The I the loss caused by the deterioration situation in these cities has awaken tof the food products during the trip ed some of the analter municipally Extremes of temperature and do comthese-party growing at an amounty rate, unterphic damage, to perturbable prod--to the rains of a unified terminal more in a short trip. The rost of the waters, and the necessity of instal- food which quals in fromportation is ling one before congestion discourses, assisted to the cost of the first that is Los Angeles and Atlanta. Through contable when it reaches the retailer

Farmers who ship on a consumment market. Other vittes, in addition to have are this targer metr residences; said and what government the places and

grow, D. C. In some cities the food terminals. The idea of a terminal field man, are owned by the numbelpolicy, in other ket is simple. Under the plan which ers they are built by the milroids as If theelves all wholesale houses are by private individuals, but in every built in a forality which is conve- instance central food terminals bave

The bureau of markets in the Unitwhere had values are high. The in- has made a widdy of terminal food coming cargo of food is unicoded dis burkets and in property to advise rectly from the cur or least into a one countrality on the right search

DOUBTFUL WORTH OF PROLIFIC JACK BEAN

Scientists Find Little to Favor West Indian Plant.

In Southern Sections It Has Some Value as Green Manure Crop-Cattle Do Not Make Profitable Gains on Ground Seed.

in the American tropics ascribe supermatural powers to the Jack bean. These tribesmen plant a row of the and used in medicines, but the demand belief that the plant will punish trespassers. This custom was doubtless brought by negro slaves from Afrien, where the very similar sword or fetich bean is thus worshiped. But the bureau of plant industry, United States department of agriculture, falls to support this weird belief concerning the bean. Nor do these scientists find much else to recommend this plant stranger from the West Indies.

The jack bean, it appears from abundant experiments, is a prolific plant. It is not unusual for the seeds in the 14-inch pods of a jack-bean plant to outweigh its own berbage; and the herbage, if cut green, frequently crops at the rate of 16 to 20 tons per acre. This wonderful productiveness makes the bean a favorite of the get-rich-quick gentry who seek to introduce a new and marvelous commercial plant. This popularity among unscrupulous promoters accounts in part, at least, for the numerous chases in der which the lack bean is known "Penrson bean," "wonder South American miles bean," etc., are only a few of the names in which the book bean has been rechristened. It has some value in the south as a greenessing erop, and there is ev-

liferest to show that it may be a good . Whize crop when cut green. Cattle do not relish the lack bean hay nor do they make gains upon the

ground seed, which product they must be saught to est. The bean is eaten by natives of Mex-

Ico, but most experimenters describe Savage disciples of Voodoo worship it as flat and course in flavor. The seed contains a large proportion of a material known as arease.

need around their rude gardens in the for this product is extremely limited. After all, the scientists warn the prospective buyer of "wonder beans" to have a specimen identified, or else confine the first plantings to small areas until the doubtful values of the bean are better established and a better market provided than seems to ex-

GENERAL

Humus prevents baking.

Seiling on a rising market is good business, too little followed.

Marquis wheat is said to be the best spring wheat for all conditions.

Potaves to produce profitably require an abundance of pian tood.



THE MEAN FLIES.

"I was so mean this morning," said the fly. "her I was just as mean as I could ...

"And so use I." said the second fty.

"Tell to along it," sold the visitor. fly. "I have be hear of means acts. They to be us burnt with happiness. Indeed, I rolly bearing of mean acts second only to doing them myself.

"I like to do on succeeds and out other crustures' food-just milible at if, you was I don't care whether I am brush away or not. Leone right tack no "The thir day some people some

baying limit and some of my brothers and states were fearfully annoying We know it. We know we keren't wanted. Hus that disn't innerer to We stoned about and nothered the pest - divadfully. "Then broaded up off and sold:

"Oh, but these herride flow why CHRYS No and that of them?" "We'll a book again and hother The work past as forced awarens.

"I can -- would fine first dis. "that 300 Will may our story." "Yes," in the second dy, "I can

"Excited it to mey" said the visitor will the first ily "this morning the way a little girl astern." "Yes - bursed the sister fig.

This was a pount and more." "If it, - if the second fig. (Pray "THE WATER THE PERSON

girl fant were for a factor dress party beausstic . I was its the reliky

"He was been date below, also gid. home-in in the first had such a very op-



We Waren't Wanted ?

how they denied and how contrates

as good night in her and now how a count

froit and made and from you get up - the na wide of the congreedant get up with from more - H. may be test amig feet

NO. Physica plant, and the many maingirl to herself. The k first fool as-Alloge Trends shop unitshop that was emmale for the " and the

and for much said the widers to These sounds remoteration with the overthy, "Der an on-Villa sincreme has so illustrated one that it was true to under around the first do. It also believe been ared and so steeps at some for hire a half ench for ?

"You can understant," as I the sec-"Firstle," said the visitor fir-

And," said the first its "worth this uning I began no work, just when was shooping so hard because she a so thred. I got on her down and there I stuck until she bud to hair vices upcand brush me off." Then," said the second fir. "I did

same and got on the other side of She tried to be on one side and

or on the other," said the first the Then she tried to cover up her d, and of course she was most attcortable doing that for she couldn't breathe that way," said the So between us we wouldn't fer

her sleep, and she was so tired, oh. so terribly tired, and so terribly sleepy that it was great fun." "Wonderful, wonderful," said the visitor fix.

'And when she went downstairs so early, for she couldn't sleep, and her mother asked why, she said; 'The flies simply wouldn't let me

"Wasn't that great?" said the first

"Yes, wasn't it?" added the second

"Great!" buzzed the visitor fly.



Spohn's Distemper Compound

SPORN MEDICAL COMPANY.

Credit:

"My mother's 2-by to remark to say see that so. You will approchate house to notice once "-Browning's

Important to all Women Readers of this Paper

Thousands upon chosends of women have killing or likelite trouble and never

suspect A: Numeric complicate after prive to be nothing cler but kidney trouble or rowalf of hidney or bladder disease. If the holmon are not it a healthy con-tion, they may cause the other organs

You may suffer pure in the back, head the and less of ambition. Poor beart make you nervous irrits ble and may be despondent, it makes any

Kilmer's Swamp R. t. by routering health to the kilmer's proved to be just the recody needed to correcte

Many wend for a sample hottle to see ver and bliefter medicine, will do may recome similar size bottle by Parcel Post. Vin aim purchase medium and large sizes -- Adv.

GOT CHARACTERS MIXED UP

According to English Actor, History Is. Not a Strong Point With Theatergoers.

The last in its frame most in BUILT MANY CENTURIES AGO Philadelphia a store of an in to the Plantage Florida's Shell Mounds Sevened to

stalls at the foreign nature for Balley or to begin

in that's war and You but those who here When I incident the duches become a proven intention in and a till of pulled leaf and the that receives a well as an

"White Shillestended"

Her Particular Tree pristing was applying April Doctor

species of the day attended has seemed that a state of the same and th

Not the Same Thing Mrs. Jams has no conversation? Why, she in as morsemaly." "It has says who choose you

After you eat-always use FOR YOUR STOMACH'S SAKE) -one or two tablets-eat his candy. Instantlyrs heves liearthurn, Blosted

Gazay Feeling. Stope indigestion, foodsouring repeating, headache and the many miseries caused by Acid-Stomach

FATONIC is the best remedy, it takes of the body and, of course, you get well. Tens of thousands wonderfully betefited Guaranteed to estirfy or money refunded by your own drug-gust. Cost a trifle, Flease try it!



BARGAINS IN FARMS

FRECKLES :

Date Back to Before Beginning

B) the way of the Bobes found in Object per me in the please? And the stage and the please? And the stage and the The and distinct the plane. It not have That and not really for here as any up as when the first not bee say.

Maria cases is and allow if really and say for a Par in and the Now, dearners you can shop into the last the last the Chair and that the special carries above to say that the last Then, it the the option story Mr. the root of their point of their great

> ment the sufficient baller Hurney, nemphrane still from mag revent pro ta-

> > As She Saw the Elephant

manner, two or the lat been with a

When two women full in love with the same mun they cut such other by

For your breakfast Grape-Nuts

A ready-to-eat food that costs but little and is full of the sound nourishment of wheat and malted barley.

Appetizing Economical At Grocers Everywhere!

